

5 Weeks to 5K

Looking for a quick training plan
for your next 5K?

The 5 Weeks to 5K program is designed to help you progressively improve your speed, endurance, and overall fitness as you prepare for your next 5K run or walk.

Head to the Starting Line



1. Choose the training level that best suits your current fitness level:
 - **Beginner** – you're new to running or exercising and this is your first 5k
 - **Intermediate** – you've done a few 5ks before or consider yourself a weekend warrior
 - **Advanced** – you're a runner who frequently races
 - **Walker** – you're a non-runner who still wants to participate with your friends in the next 5k and you want to improve your fitness
2. Follow the suggested weekly workouts including runs, strength training, and cross-training cardiovascular exercise. Be sure to also include a warm-up and cooldown in every workout, every day.
3. Have fun and set your next personal best!

*This program assumes that you have no major health risks or concerns, are injury-free, and have a basic level of cardiovascular fitness. You should always consult your healthcare provider before beginning any new exercise program. This general information is not meant to replace your healthcare provider. If you experience any pain or difficulty performing these exercises, stop and consult your healthcare provider.

Workout Key

- Cardio = Dancing, cycling, elliptical machine, recreational sports such as basketball, or other cardiorespiratory exercise that increases your heart rate above resting level
- Fartlek = 30 minute running workout completed as:
 - 6 minute warm-up run, followed by 6 sets of 2-minute run repetitions at race pace, with 1-minute easy jog recovery between repetitions, followed by a 6-minute cool-down run/walk
- Min = minutes
- Mi = miles
- Run = easy running pace
- Run/Walk = alternating between walking and jogging
- Sprints = 4-6, 100-meter high-intensity runs
- Strength Training = 20-30 minutes of full-body strengthening exercises
- Tempo = steady state run at or near race pace; time does not include warm-up and cool-down
- Track = high-intensity running workout completed as:
 - 5-minute warm-up run, followed by 4-6, 400-meter runs on a track with 90-second walk/rest between runs, followed by 5-minute cool-down run/walk
- Walk = light to moderate walking pace

Beginner

SUN	MON	TUES	WED	THURS	FRI	SAT
20 min walk	1 mi run/walk	Strength training	Rest	Strength training	20 min walk or cardio	Rest
25 min walk	1.5 mi run/walk	Strength training	Rest	Strength training	25 min walk or cardio	Rest
30 min walk	2 mi run/walk	Strength training	Rest	Strength training	30 min walk or cardio	Rest
35 min walk	2.5 mi run/walk	Strength training	Rest	Strength training	35 min walk or cardio	Rest
40 min walk	3 mi run/walk	Strength training	Rest	30 min walk or cardio	Rest	 5K RACE!

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Intermediate

SUN	MON	TUES	WED	THURS	FRI	SAT
3 mi run	3 mi run	Strength training	Rest	Strength training	3.5 mi run	Rest
4 mi run	Fartlek	Strength training	Rest	Strength training	4 mi run	Rest
5 mi run	Fartlek	Strength training	Rest	Strength training	20 min Tempo	Rest
6 mi run	Track	Strength training	Rest	Strength training	20 min Tempo	Rest
4 mi run	Track	Strength training	Rest	3 mi run + sprints	Rest	 5K RACE!

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Advanced

SUN	MON	TUES	WED	THURS	FRI	SAT
45 min run	3 mi run	Track + Strength training	Rest	Strength training	20 min Tempo	Rest or 20 min run
50 min run	3 mi run	Track + Strength training	Rest	Strength training	25 min Tempo	Rest or 20 min run
55 min run	Fartlek	Track + Strength training	Rest	Strength training	30 min Tempo	Rest or 20 min run
60 min run	Fartlek	Track + Strength training	Rest	Strength training	30 min Tempo	Rest or 20 min run
40 min run	3 mi run	Track + Strength training	Rest	3 mi run + sprints	Rest	 5K RACE!

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Walker

SUN	MON	TUES	WED	THURS	FRI	SAT
45 min walk	1.5 mi walk	Strength training	Rest	Strength training	20 min walk or cardio	Rest
50 min walk	2 mi walk	Strength training	Rest	Strength training	25 min walk or cardio	Rest
55 min walk	2.5 mi walk	Strength training	Rest	Strength training	30 min walk or cardio	Rest
60 min walk	3 mi walk	Strength training	Rest	Strength training	35 min walk or cardio	Rest
65 min walk	30 min walk	Strength training	Rest	30 min walk or cardio	Rest	 5K RACE!

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References

Acsm.org. How to Train for a 5K—What Does the Science Say? https://journals.lww.com/acsm-healthfitness/Fulltext/2021/03000/How_to_Train_for_a_5K_What_Does_the_Science_Say_.6.aspx. Accessed 07/09/2021.

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